

**Abstract**

This invention relates to a shock attenuation method and system of an elastic insole of shoes for adjusting elastic force. A pressure controller in an elastic insole of shoes at least uses two pressure controlling modes and adjusts to select alternative on/off of one of pressure controlling modes by screw. This invention can adjust shock attenuation and damping effect, and is practical and reliable, can be suitable for human body's requirements to the utmost extent.